



# COCONINO HIGH JUNIOR HIGH

## Martial Arts Training Takes a Bite out of Crime

On October 13, 2007 the Martial Way Training Center in partnership with the Coconino County Sheriff's Office, Northern Arizona University Police Department, and Coconino County Juvenile sponsored a Youth Abduction Prevention and Women's Self Defense Forum. The forum focused on educating women and youth on how to recognize and respond to dangerous situations. Detective Scott Feagan of the Sheriff's Office helped organize and lead this community outreach event.



Approximately 75 youth and many of their parents attended the seminar. Instructors distributed Stranger Awareness and demonstrated martial arts techniques such as "breaking away" and running like a track star. They also educated participants how to be more aware of their surroundings and to be constantly vigilant and mentally prepared to respond to any situation.

Instructor Scott Feagan stated, "Never before have we taken such a proactive approach to addressing the reality of a potential threat of abduction of our loved ones." Predators take advantage of the normal passive role that we adopt in our day-to-day activities. Our youth and citizens deserve the best a community can provide in all aspects of safety and security.

*Detective Scott Feagan teaches youth the art of "breaking away"*  
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## Medical Skills are an Important Component of Sheriff's Office Public Safety Response

The Coconino County Sheriff's Office has several deputies trained as Basic Emergency Medical Technicians (EMT-B). While all officers are trained in first responder skills, EMTs have some additional skills they can draw upon in an emergency medical situation. Being able to provide initial emergency care for people in need while other emergency medical personnel are en route has proved beneficial in cases where victims are in difficult to reach or remote areas. In order to become EMT-B certified, officers must successfully complete a seven hour credit course, complete emergency room clinical time, and pass a practical and written examination. Every two years, they must take a refresher course and recertify through written and practical exams. To keep their skills current, deputies regularly partner with Guardian Medical Transport and assist the Medical Unit of the Coconino County Detention Facility. Corporal Mark Anton is the Coordinator for the EMT Program.

Recently, the EMTs received training in a new airway device called a Combitube. The training was conducted by a staff member from the Arizona Department of Health Services Bureau of Emergency Medical Services. The Combitube is an advanced airway device that is easier to insert and maintain an open airway in an unconscious patient. It also has the benefit of reducing the chance of aspiration. The Combitube bridges the gap between a respiratory arrest situation and the establishment of a definite airway and has become a popular alternative to oral pharyngeal and nasal pharyngeal airways.

Through the Northern Arizona Emergency Medical Services and several local agencies, the Sheriff's Office also has been able to fund and purchase Automated External Defibrillators (AED) for patrol vehicles and the Detention Facility. These devices can be used when someone is in cardiac arrest. AEDs provide a controlled electric shock to the heart, forcing the heart muscles to contract, hopefully jolting the heart back into a regular rhythm. Historically, defibrillators were manual and required advanced training to use. The new Automated External Defibrillators (AEDs) make it possible for non-medical professionals to administer immediate vital, life saving procedures.



## Coconino County Sheriff's Office Heli-Rescue Team

The Coconino County Sheriff's Office is a member of the Northern Arizona Interagency Heli-Rescue Team. Other member agencies include the Arizona Department of Public Safety Northern Air Rescue Unit, Flagstaff Fire Department, and the Sedona Fire District. The Heli-Rescue Team is one component of the Sheriff's Office Search and Rescue Program and is a vital tool to provide technical rescue service to our communities.

Heli-Rescue techniques are used in situations where traditional land based access is difficult, dangerous or impractical or when the victim is suffering from a life threatening condition where evacuation time could be critical to survival. Heli-rappel refers to the delivery of a person to a specific site while the helicopter is hovering. Short-haul refers to transporting a person(s) suspended beneath a helicopter from one site to another with limited hover time. During a heli-rescue operation, a trained person often heli-rappels to the site of the injured person. He then treats and prepares the injured person for short-haul evacuation.

There have been many call-outs of the Heli-Rescue Team over the past several months, and the team must always be prepared. After initial training, team members have to complete refresher training every 120 days. The heli-rescuers also must maintain certification as Emergency Medical Technicians.

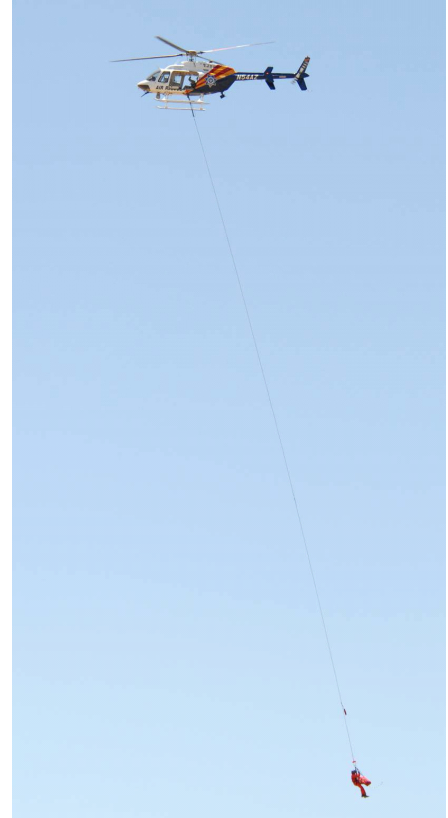
The Coconino County Sheriff's Office has five deputies assigned to the Heli-Rescue Team: Sergeant Paul Wible, Sergeant Aaron Dick, Corporal Mark Anton, Corporal Darrin Womble, and Deputy Mark Street.

### Recent Heli-Rescue Events

In July 2007, the team helped locate and evacuate a United States Forest Service employee who was injured during an off duty hike in the Ashurst Lake area. Search and Rescue team members on the ground located the subject who had a head and leg injury. Due to the head injury, a short-haul rescue was used to get the patient quickly to medical help. Deputy Mark Anton rappelled from the helicopter and prepared the patient for evacuation. Deputy Anton and the patient were then short-hauled to a safe area for transport by a ground ambulance.

On October 2, 2007 the Havasupai Tribe contacted the Sheriff's Office to request help for a hiker injured at Mooney Falls in Havasu Canyon. Due to the remoteness of the location and the difficulty of getting ground crews to the hiker, the Heli-Rescue Team was dispatched. Deputy Mark Street and Sergeant Aaron Dick rappelled from the helicopter to prepare the patient for short-haul rescue.

On October 4, 2007 the Havasupai Tribe again contacted the Sheriff's Office to request Search and Rescue assistance for a hiker injured at Beaver Falls in Havasu Canyon. Again due to the complexities of the location, the Heli-Rescue Team was dispatched. Deputy Mark Street rappelled from the helicopter into the area. He provided emergency treatment to the patient and prepared the person to be moved by short-haul to a safe place where the hiker could receive further medical treatment.



*Officer responds to assist an injured person by rappelling to the scene while suspended from a helicopter*

## Sheriff's Office Sponsors Holiday Dessert Cookbook to Raise Funds and Awareness for the Law Enforcement Torch Run

What do you look forward to during the holidays? Family, friends, laughter... all those special cookies and sweet treats? The Sheriff's Office Law Enforcement Torch Run Committee is creating a Holiday Dessert Cookbook featuring your favorite recipes. Please share your support for this project along with your favorite dessert, cookie or holiday beverage recipes.

Submit your recipe(s) along with your name and contact information to: Debra Taylor (Special Olympics), Coconino County Detention Facility, 951 East Sawmill Road, Flagstaff, AZ 86001 or to [dtaylor@coconino.az.gov](mailto:dtaylor@coconino.az.gov). Your contact information will be used only by the committee in case they need to contact you as they put the cookbook together. If you would like, feel free to include a brief summary about the history or tradition of your recipe.

The cookbooks will make a delicious gift plus support our Northern Arizona Athletes. All monies raised from this fundraiser stays in Coconino County for local Special Olympic Athletes.

*If you have questions, please call Debra Taylor at 928-226-5326. All submittals must be received on or before November 26<sup>th</sup> at 5:00pm.*

## Coconino County Sheriff's Office

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### Service to Community

***We are committed to providing responsive and effective Service to the Community. We earn and maintain the public's trust and confidence through our integrity and professionalism. Toward these goals, we devote our personnel, resources and energy.***

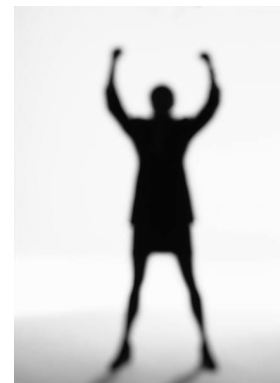
## EXODUS Program Receives Grant for After Care Support

Congratulations to the EXODUS, In-Custody Treatment Program for being awarded a \$5,000 grant from the Flagstaff Community Foundation and a \$5,000 grant from the Forest Highlands Foundation. The grants will help fund aftercare support for approximately 20 individuals who have successfully completed the in-custody portion of the treatment program. After care includes outpatient care, counseling, job readiness, housing, and transportation needs. Assistance with these after care needs and coordination with social service groups and community providers is key to the success of individuals as they re-enter the community. Because Jail District sales tax revenue may not be used toward services for inmates no longer in custody, grants provide much needed funding to support the after care component of the program.

The EXODUS program was implemented as the result of a 2/10 of a cent Jail District tax increase, passed in September of 2006. The goals of the program are: to reduce the jail recidivism rate; to provide a proactive response to substance abuse and its devastating effects on individuals, families, and communities within Coconino County; to create a safer community; and to assist inmates in recognizing their substance abuse problem and help them to make positive changes in their lives, so that they may become productive citizens in the community.

EXODUS uses the Matrix Model, which includes cognitive behavioral counseling and motivational enhancement. The Matrix Model is recognized by the National Institute on Drug Abuse as an evidence based model that is effective with alcohol addiction and methamphetamine addiction, as well as other prevalent drug dependences. An entire housing unit has been dedicated to the program. This means that approximately 24 inmates at a given time and 160 inmates throughout the year can benefit from the program. While the current unit set aside for EXODUS houses male inmates, female inmates also are provided opportunities to participate in and benefit from the counseling and training offered by EXODUS.

The inmates attend therapeutic treatment groups four times a week, Smart Recovery classes two days a week, and 12-step meetings five nights a week. Therapeutic groups promote a positive peer and productive learning environment, which is conducive to the recovery process. The Foundation House, NACA, The Guidance Center, GENISIS-X, Salvation Army, Assistance League of Flagstaff, Care & Share Food Bank, and Parenting Arizona interface for after-care needs. Other organizations such as GENISIS-X Neighborhood Weed and Seed Strategy Re-Entry Initiative, Alcoholics Anonymous, Crystal Meth Anonymous, Narcotics Anonymous, and Cocaine Anonymous interface for in-custody services. GENISIS-X provides employment skills classes to participants of EXODUS and assists individuals released on probation in finding employment and social services. The 12-Step community facilitates inmate group meetings. They also provide a support network for recovery.



Since the program began in May 2007, 55 inmates have taken part in the program. EXODUS was recently featured in the Daily Sun on August 19, 2007 in which inmates gave testimonials as to the difference the program already has made in their lives. In addition to the grant provided by the Flagstaff Community Foundation and the Forest Highlands Foundation, the EXODUS Program received a grant from the Arizona Methamphetamine Initiative for aftercare services to EXODUS graduates whose substance abuse was primarily methamphetamines. The Sheriff's Office will continue to seek community partnerships for the program. Sheriff Pribil said, "We want to provide every opportunity for individuals completing the program to be successful when they re-enter the community."